

***American Red Cross (Revised 2012)***  
***Life Guard Training Classes @ UNC Pembroke***  
***Jones PE Building***  
**2017 LIFEGUARD TRAINING CLASSES (revised 2012)**

**CLASSES: \$185.00/person**

**March 31<sup>st</sup> – April 2<sup>nd</sup>**

**April 21<sup>st</sup> – April 23<sup>rd</sup>**

**May 5<sup>th</sup> -7<sup>th</sup>**

**May 19<sup>th</sup> -21<sup>st</sup>**

**Friday Night 5:00 pm-9:30 pm**

**Saturday 9:00 am-6:30 pm**

**Sunday 9:00 am-6:00 pm**

**(Meet in room #1193 on Friday 5:00 pm)**



**RENEWAL CLASSES: \$100.00/person**

**May 20<sup>th</sup> Renewal class 9am- 6pm (Meet at pool at 9:00 am)**

**(Only for currently certified lifeguards who wish to renew)**

Renewal class online blended learning- Prior to class participants are required to complete the online course thru the American Red Cross Learning Center. More information upon registration.

We reserve the right to cancel any classes that do not have at least 8 participants.

**All participants must pass the Prerequisites:** Participants must be at least 15 years of age and be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing. Tread water for 2 minutes using only the legs (hands in armpits). Participants must also be able to swim 20 yards, surface dive to 7-10 ft., retrieve a 10 lb. object, surface and return to the start exiting the water without the use of the ladder in under 1min & 40 seconds. Pretesting will take place in the pool. **Cost: \$185 INCLUDES DIGITAL BOOK AND MATERIALS. FEE IS DUE AT PRETESTING**

**All classes lead to American Red Cross Certification. Classes will meet in classroom #1193 Jones Center and water work will be in the Pool. Pretesting will be done at the UNCP pool.** Fees are due at pretesting. Questions call Rhonda Blank 910-775-4629 or email [rhonda.blank@uncp.edu](mailto:rhonda.blank@uncp.edu)